



Fuel Up to Play 60

Youth Wellness

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Physical Education Teacher



Healthy Eating & Physical Activity

National Dairy Council (Idaho Dairy Council)

- Encourage youth to consume nutrient-rich foods (low-fat and fat-free milk and milk products, fruits, vegetables, whole grains and lean protein foods)

National Football League

- At least 60 minutes of physical activity every day!



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Audience Poll



- How many of you have heard of Fuel Up to Play 60 or Play 60?

My story...

- Love of football
- Clicked! Free advertising! My message would be reinforced at home!
- Fuel Up Message: Fuel body for success

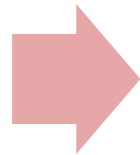
Fuel Up to Play 60 has recharged my teaching and helped me create a culture of health and wellness at Ponderosa!

Youth Wellness Grant Program



Ponderosa's Healthy Eating Strategies

Another option
at breakfast



Finish It! Fuel
Up instead of
waste



Promote
Healthy Choices
Environment



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Lunch Lady Champions: Promote Healthy Choices



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Healthy Eating Play: Smoothies~Fuel Up Fridays!



Another option at
breakfast!
Purchased a
blender and held
a taste test to
promote our new
smoothies!



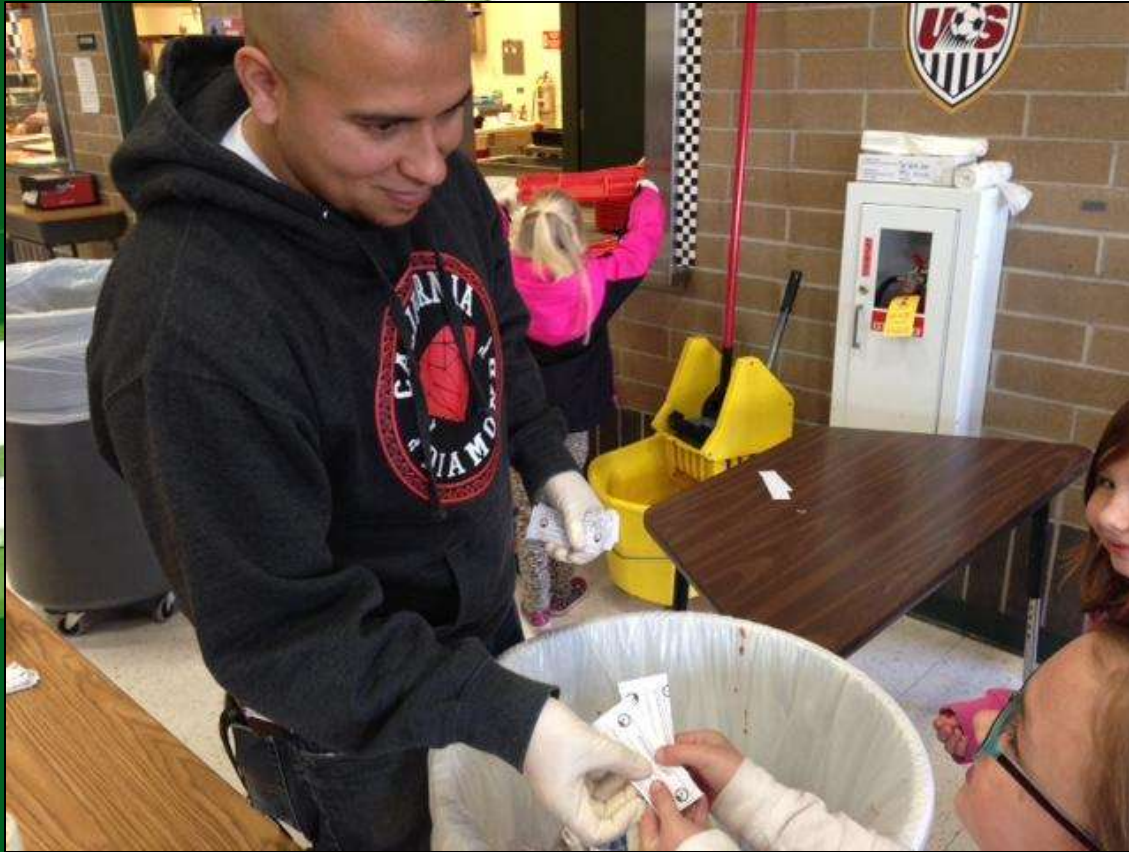
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Healthy Eating Play: Before and After~The Make-Over



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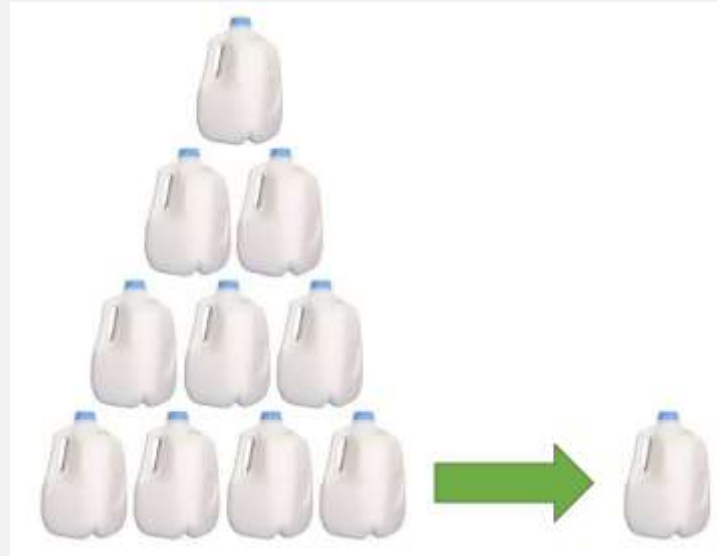
Ben~Our Champion Custodian



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Milk consumption UP/ Waste DOWN

- Milk waste!



- Bonus! Nutrition going into bodies



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Healthy Eating: Finish It! Fuel Up!



**Finish It! Ben
rewards students
with coupons for
fueling up!**



Physical Activity Play: Champion on the Play Ground~Mr. Keeney



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Physical Activity Play: The Play Shed

- Something for everyone!
- No more lost equipment
- Equipment gets repaired
- Open to half the school at opposite recess time to Pacers (walk/run program).
- Students are responsible

Student workers



The Play Shed



Equipment



Physical Activity: Pacers! Our run/walk program is supported by FUTP60!

- Ponderosa's principal Kathy Crowley and staff support youth wellness!
Healthy bodies=Healthy minds!



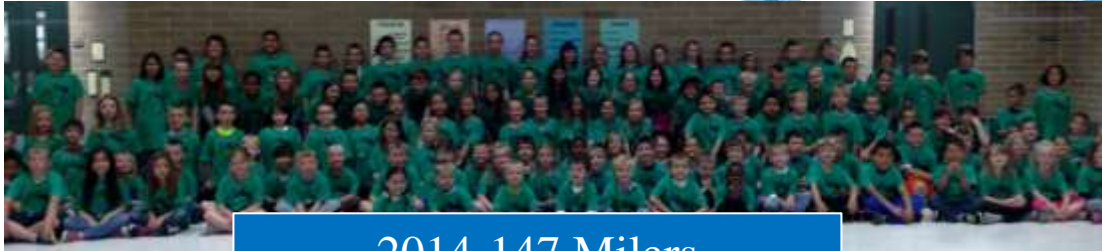
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2011-68 100 Milers



2012-121 100 Milers



2014-147 Milers



2013-140 100 Milers



2015-174 100 Milers

Golden Tate at the Caven-Williams Sports Center



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Awesome Opportunities!

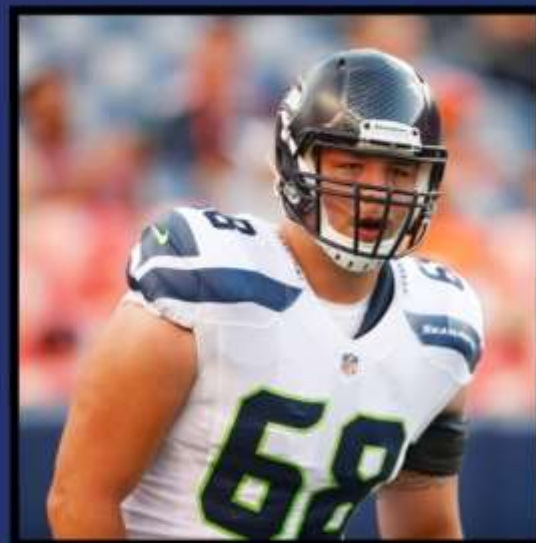




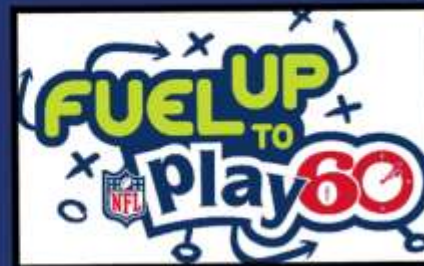
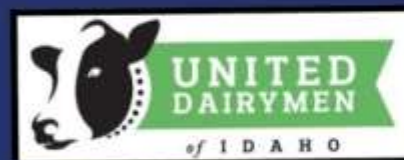
**Contests! “For the
Love of Play”
video contest wins
a Seattle Seahawk
Assembly!**



WELCOMES



JUSTIN
BRITT





VIDEO CONTEST-"FUEL UP ON THE GO!" IDAHO DAIRY COUNCIL AND JACKSON'S FOOD STORES \$2,000 WINNER!



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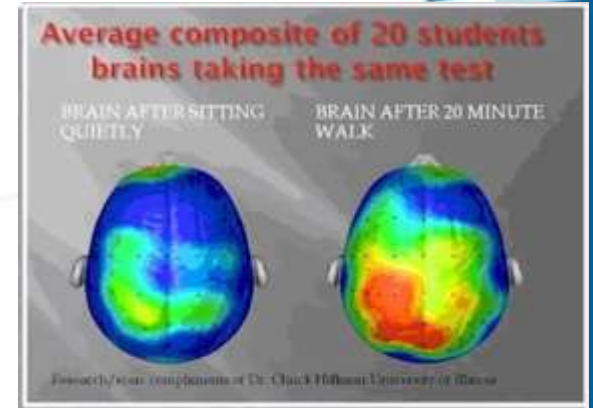
Benefits



Physical-nearly 70% students ran mile run grade level & above...

Mental-brains are fueled up and active for learning

Emotional/Social-make friends, confident and happy! Culture of wellness!



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Thank you!

- <http://www.westada.org/Domain/2661>
- www.FuelUptoPlay60.com
- www.idahodairy.org



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